



TIPS FOR INCREASING MOTIVATION

Make learning activities more fun

Make learning activities more fun by making them into games or quizzes. Cut up cards, use pictures or drawings, make stickers, or make a quiz using quizlet: <http://quizlet.com>.

Choose interesting resources like movies, dramas, comics or songs. Think of a song to help you remember grammar or vocabulary. Replace the lyrics of a popular song with your own words. Search lyrics.com to find examples of the words or grammar you are studying in songs.

Make learning more social

Work with a friend. Help to motivate each other and communicate in the language you are learning.

Work with a tandem partner. Register for the tandem programme of the self-access centre: <http://www.sprachenzentrum.fu-berlin.de/slz/index.html> and enjoy communicating with a native speaker on topics of your choice.

Visualize your future

Imagine yourself in the future using the language well. Add as much details as you can to the visual image. Think about what the 'future you' is doing and feeling. Write it down or draw it.

Set goals

If you **focus on a purpose** you can keep your motivation high. Make a specific and realistic big goal and also smaller goals that will help you to achieve this goal. Make daily "to do" lists to help you reach weekly targets.

Develop autonomy

Take charge of your learning. Do not wait for the teacher to tell you what to do. If you do not know how to do something, then seek out help.

Reward yourself

Keep yourself motivated to do boring activities with rewards. The rewards can be anything that gives you pleasure, e.g. tea, chocolate, meeting friends, watching a movie, time online, or games.

Feel positive

Make your learning environment comfortable and good for studying. Make yourself feel more positive by playing music or being around positive people.

Write positive notes to yourself and remind yourself how much you have achieved. You are a successful language learner! You can achieve your dreams!

Slightly adapted from Kato, S., & Mynard, J. (2016). *Reflective dialogue. Advising in language learning*. New York: Routledge (p. 52)